

## Daily Affirmations- July 2016

**Affirmations** are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

**Affirmations** have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

**Affirmations** support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

**Affirmations** are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Friday, July 1 <sup>st</sup>	I set goals for myself.
Sat., July 2 <sup>nd</sup>	When we are weak, we are strong. Find strength in your moments of weakness!
Sunday, July 3 <sup>rd</sup>	Trust in the Lord with all your heart. Lean not unto your own understanding.
Mon., July 4 <sup>th</sup>	Never let the fear of striking out keep you from playing the game.
Tues., July 5 <sup>th</sup>	Try to be a better person each and every day. You will grow.
Wed., July 6 <sup>th</sup>	I am strong and beautiful.
Thurs., July 7 <sup>th</sup>	Stay in your own lane. It makes life easier.
Friday, July 8 <sup>th</sup>	There are 2 days you cannot change: yesterday and tomorrow. Focus on today.
Sat., July 9 <sup>th</sup>	If there's a will, there's a way!
Sunday, July 10 <sup>th</sup>	Every sinner has a future; every saint a past.
Mon., July 11 <sup>th</sup>	Whether you think you can or you can't, you're right.
Tuesday, July 12 <sup>th</sup>	I'm not yet where I want to be but I'm sure not where I was.
Wed., July 13 <sup>th</sup>	It is what you make it. Count your blessings!
Thurs., July 14 <sup>th</sup>	Never look down on a woman unless you're helping her up.
Friday, July 15 <sup>th</sup>	Life's a journey. It's never too late.
Sat., July 16 <sup>th</sup>	Do the time. Don't let the time do you.
Sunday, July 17 <sup>th</sup>	When you find yourself in a hole, stop digging.
Monday, July 18 <sup>th</sup>	Just breathe.
Tues., July 19 <sup>th</sup>	Success is earned; never given.
Wed., July 20 <sup>th</sup>	Give respect. Get respect.
Thurs., July 21 <sup>st</sup>	Never give up on YOU!
Friday, July 22 <sup>nd</sup>	We all have a story. It's up to you how it will end.
Sat., July 23 <sup>rd</sup>	Stand up for what you believe in.
Sunday, July 24 <sup>th</sup>	God will not put on you more than you can bear.
Mon., July 25 <sup>th</sup>	I am loving and worthy of love.
Tues., July 26 <sup>th</sup>	Drugs may have taken the lead. Don't let them win.
Wed., July 27 <sup>th</sup>	Believe the world can change.
Thurs., July 28 <sup>th</sup>	Live the 12 steps daily.
Friday, July 29 <sup>th</sup>	Don't take chances. Make choices.
Sat., July 30 <sup>th</sup>	Keep striving to be better than you were yesterday.
Sunday, July 31 <sup>st</sup>	We are all God's children. Love and help each other.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Oh yes, the past can hurt. But from the way I see it, you can either run from it, or... learn from it." -

Rafiki in *The Lion King*

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.  
One Day at a Time.